NCRTD Promotes

HEALTH + WELLNESS

365 DAYS A YEAR!

Get a Membership to the Health Plex at Presbyterian Hospital

FOR $15 PER MONTH!

$90 up front & NCRTD will reimnburse you 50%!

Feel Better with the Help of Your Company

THE BENEFITS OF EXCERCISE

- Exercise controls weight
- Exercise combats health conditions and diseases
- Exercise improves mood
- Exercise boosts energy
- Exercise promotes better sleep
- Exercise puts the spark back into your relationships
- Exercise can be fun

THE BOTTOM LINE ON EXCERCISE

Exercise and physical activity are a great way to feel better, gain health benefits and have fun!

NCRTD is on your team and wants to help you,

EXCERCISE & FEEL GOOD!

NCRTD Health+Wellness